

10 MARCH 2011



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HEADLINES

VOLUME 1, ISSUE 7

FROM THE CO

Dear Friends and Family,

The 2011 Swamp Romp was a huge success. Thanks to all the CLB-3 FGE Marines, Sailors, and other volunteers who worked the event, and congratulations to those who ran the race. For those that missed it, there are numerous photographs of the event on the CLB-3 Facebook page.

With February behind us, the FGE is now focused on preparing for upcoming exercises in Hawaii, and the return of the Battalion's Marines and Sailors from Afghanistan. In just a few short weeks, CLB-3 will begin the relief in place process with CLB-7, the first step in our redeployment. But until then,

there is much to do, both in Afghanistan and back at K-Bay in preparation for the Battalion's return at the end of April. Everyone here is eagerly looking forward to getting back home and taking some well-deserved time off!

Although the deployment is quickly coming to an end, there will still be a few family support events before we all return, so make sure you keep up to date through the FRO's office. I look forward to seeing you all in a few weeks.

Semper Fidelis,

LtCol Hank Lutz



FROM THE SERGEANT MAJOR

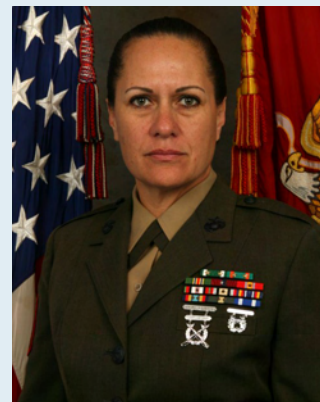
Aloha friends and family,

Thank you all for being supportive of our annual Swamp Romp race. I believe that the event was so successful because of the efforts of our Marines and Sailors. They committed a lot of time and effort to ensure the course was safe and fun for the 450 teams that participated. The obstacles, the mud, the costumes and the pumping music were a perfect combination to make this year's race one of the best ever. We look forward to making next year's Swamp Romp even better, so be prepared to sign up early because there is a limit on the number of teams that can participate. Thank you for your suggestions and your pictures, we appreciate them all. Congratulations to all who ran the race and we hope to see you back next year.

March will be a very busy

month for all Marines and Sailors within the FGE and forward deployed of CLB 3. We expect the FGE to be busy with making all the arrangements for the return of the forward deployed Marines and Sailors. We are looking forward to reuniting both sets of Marines and Sailors, the FGE and the forward deployed.

As a personal invitation to you, I encourage you to attend the redeployment reunion. If you have never witnessed a military reunion before, you will not want to miss this. The families, extended family members and neighbors are all moved by the heart warming experience of a welcome home celebration. If you are interested in helping with the planning of our homecoming, please let our Family Readiness Officer, Jerome Morris know your intentions and we'll get



you right in the thick of it. We welcome your enthusiasm.

Lastly, as our deployment is reaching its critical mark, I encourage all of you to continue to pray for the safety of our Marines and Sailors forward deployed. I thank you for your continued support and I look forward to seeing you soon.

Semper Fidelis,

FORCE GENERATION ELEMENT (FGE) OIC

Aloha Families,

Life for your Marine or Sailor in the FGE continues to be busy, and I want to thank you all for your continued support. Although your Marine or Sailor is not currently deployed, our FGE has been working hard to keep up with the demanding

mission back home. Our Marines and Sailors have fulfilled the mission and exceeded it with some recent accomplishments that I'd like to share. For one, the Swamp Romp was a muddy success! In fact, MCCS declared it the "best one yet" with 450 teams trudging through chest-deep mudpits and treacherous obstacles. Every single one of our Marines and Sailors was there on race-day, and each one played a critical part in the event's overall success. Also of note, the CLB-3 team who competed at the Pacific Division Shooting Matches in February took home first place for Rifle and second place for Pistol. Sgts Dean, Keating,

Morehead, Peterson and SSgt Bowman represented the battalion extremely well and also took home several personal awards. And lastly, as part of our Community Outreach Program, our Engineer Section paid a visit to He'eia Elementary School in Kaneohe. They had storytime with over 120 children, and answered all sorts of questions the kids posed about the Marine Corps. Let me reassure you that the extra effort your Marines and Sailors put in each day has not gone unnoticed. Thanks again for all your encouragement!

Semper Fidelis,

Capt Juliann Naughton



CONGRADULATIONS to the marksmen of the CLB-3 Rifle team for taking FIRST PLACE at the Pacific Division Matches!!! One Shot One Kill!!!



Military OneSource

Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for you... 24/7/365! Online or by phone, Military OneSource is fast, confidential, and easy to use, and there is no cost to the service-member!



*Follow the battalion's deployment on Facebook!!
Come visit us at Combat Logistics Battalion 3!!*



FRO Office: (808) 257-2514
(C) (808) 347-5710

Dep FRO: (808) 257-2023
(C) (808) 366-9644

IMPORTANT PHONE NUMBERS

CLB-3 Officer of the Day:	(808) 257-1600
Red Cross:	(808) 257-8848
Child Protective Services:	(808) 832-5300
Domestic Violence Hotline:	(808) 531-3771
Federal Fire Department:	(808) 471-7117
PMO KBay:	(808) 257-9111
Branch medical clinic:	(808) 257-3365
Housing Office KBay:	(808) 257-1257
Bus Schedules:	(808) 848-5555

READINESS AND DEPLOYMENT SUPPORT

Kids-N-Deployment
Kids-N-Deployment provides a structured setting to help children positively and successfully cope during deployment. Puppets Sam, Chris and Mr. Worry help children work through their concerns about deployment. Two concurrent sessions of the workshop will be offered: Workshop for Kids and Parents Helping Kids.

Kids "In the Midst" Workshop
Kids In the Midst Workshop is an interactive workshop consisting of four venues. These four venues are

designed to give children F.E.E.T. Fun, Education, and Exciting Tools that help kind ages 4 - 18 years old with military life. Help Your Kids get on their F.E.E.T.

Kids-N-Reunion
This workshop helps prepare kids for the return of the deployed military member. Puppets Sam, Chris and Mr. Worry return to ease children's fear about homecoming. Concurrent workshops will be offered for kids and for parents. Learn ways to make homecoming fun for the entire family. For more information on these

upcoming workshops, please contact Readiness and Deployment Support Trainers:

Readiness and Deployment Support Trainers:
808-257-2658 or 808-257-2650

**FROM THE FAMILY READINESS OFFICER**

Aloha Family,

Time is rapidly approaching for the return of our warriors. To date, the return window has not been provided and I assure you that once known it will be released to you immediately. We ask that you act with patience to prevent any changes to plans being made. Also and most importantly remember Operation Security. PLEASE DO NOT announce any information pertaining to the return of our warriors on any social networking sites.

To assist in the preparation the Family Readiness Team is planning several events to celebrate this occasion. CLB-3 with MCFTB will be hosting a Return/Reunion Brief on 15 March 2011 at the Waikulu Community Center from 6:00-8:00 pm. Please plan to attend this event to receive important information from the FGE Commander. Also during the month of March we will be hosting Banner Making Nights and we invite all to participate. Information on these events will be published on our Facebook page and our weekly/monthly publications. Please RSVP if you will be attending the Return/Reunion Brief and which banner making night you will attend. Last but not least, for those who signed up for the wine making event, we ask that you stay tuned for further information to be provided.

If you would like to volunteer in assisting Family Readiness Team welcoming our warriors home please contact me at (808) 257-2514, (800) 358-3940, jerome.morris@usmc.mil or stop by Bldg 1074. We need assistance in monitoring the snack table, operating the DVD slide show and monitoring the bouncy houses. If you desire to make donation such as cookies or cakes they will be welcomed. I would ask that you remember that we will have single warriors returning with no family to celebrate their return. Please let be there to support them.

Hope to see you at all of the upcoming events.

CHAPLAIN'S CORNER

Don't Look into the Light!

Have you ever stared into the sun? Have you ever stared into a welder's arch? If you have, I'm sure you've never made that mistake again. Both can cause permanent damage or at least that's what the experts say. I know as a kid I stared into the sun and when I looked away, everything was black for a few seconds. I also know a few people that have looked into a welder's arch without a shield and they reported having severe pain over the next few days.

The Bible warns in Proverbs 23:31-32—Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper (NIV). Many people gaze into the red light of alcohol. It seems alluring, inviting, and is tasty smooth. But in the end it poisons like a viper. Statics show that 150 million people in America grew up in an addictive environment—that

is half our population. When half the population grows up in an addictive environment, addiction becomes the norm. When this happens we are in serious trouble.

Now, you may say, "come on chaplain, you're preaching at us. The Bible does not say you can't drink." You are correct. And I'm not telling you that you can't drink. But with everything that is going on you need to be aware of these statics and be on guard. No one ever starts out to become an alcoholic. But life can come at you fast: a marriage fall apart, the death of a loved one, financial woes, etc... When life becomes overwhelming, if you use alcohol as a coping mechanism, then it can quickly take over and strike like a viper before you know it.

If you have been enticed to gaze into the sparkling light of wine/alcohol, don't feel bad, many people have traveled that path with you. Many now wish they could leave that path and find another way but they are no longer in control. So I pose this question, have you lost control?

If so, now is the time to take it back. Chaplains, counselors, and therapists are all here to help you. We are not here to condemn you or judge you. We are people just like you that struggle with live but have found healthy ways to cope. We have the antidote to the "poison" but we can't administer it if you don't let us. So, I hope you see what I write is in love not condemnation. I want you to be free and in control of your life. Don't look into the light any longer. Get help and rediscover a new life that's joyfully waiting for your arrival.

Blessings



Office: (808) 257-1565

Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper (NIV).— Proverbs 23:31-32

CREDO

*Enhancing Readiness · Transforming Lives
Optimizing Leadership Potential*

CREDO is the Chaplain's Religious Enrichment Development Operation, a service of the United States Navy Chaplain Corps. This retreat ministry is funded by the Chief of Naval Operations and sponsored by the Navy Chief of Chaplains.

CREDO offers Personal Growth Retreats and Marital Enrichment Retreats. With the most beautiful oceanfront locations on Oahu,

CREDO offers participants a place to relax and get away from the stresses of everyday life.

CREDO weekends are available to all active duty, military spouses, Reservists, Retirees, and DoD civilian employees, and their dependents.

To register for a retreat, please call 808-257-1919 during regular office hours.

Kaneohe Bay
Phone: 808-257-1919
Monday-Friday, 0800-1630





Staci Holt

L.I.N.K.S. Trainer

**257-2368 or
staci.holt@usmc.mil**

***Wear RED on
Fridays!! Show your
support!!!***



L.I.N.K.S.

Beyond the Brief "Stress Busters"

MCFTB hosts a series of classes for spouse and family members of deployed Marines and Sailors. LifeSkills sessions are targeted specifically to help Marines and their families successfully meet the challenges of everyday life, the mobile military lifestyle, and heightened operational/deployment tempo by targeting three main areas of Marine families: Family Life, Individual Enhancement, and Leadership Development. Contact Jocelyn Pratt, LifeSkills Trainer at 808.257.2653 or Jocelyn.pratt@usmc.mil to register for any or all of these Upcoming LifeSkills classes.

The next L.I.N.K.S. course is scheduled for the 15th and 16th of March. Call now to reserve your spot. If you have any doubts just talk to some of our spouses that have already attended!! It is a great time and great information.



PROMOTIONS AND AWARDS

TO CPL

Torres, S.
Files, M. N.
(Meritorious)

TO LCPL

Agredano, M. M.
Davila, S. J.
Ensminger, J. A.
Lamothe, D. K.
Sand, T. J.
Thompson Jr., D. D.